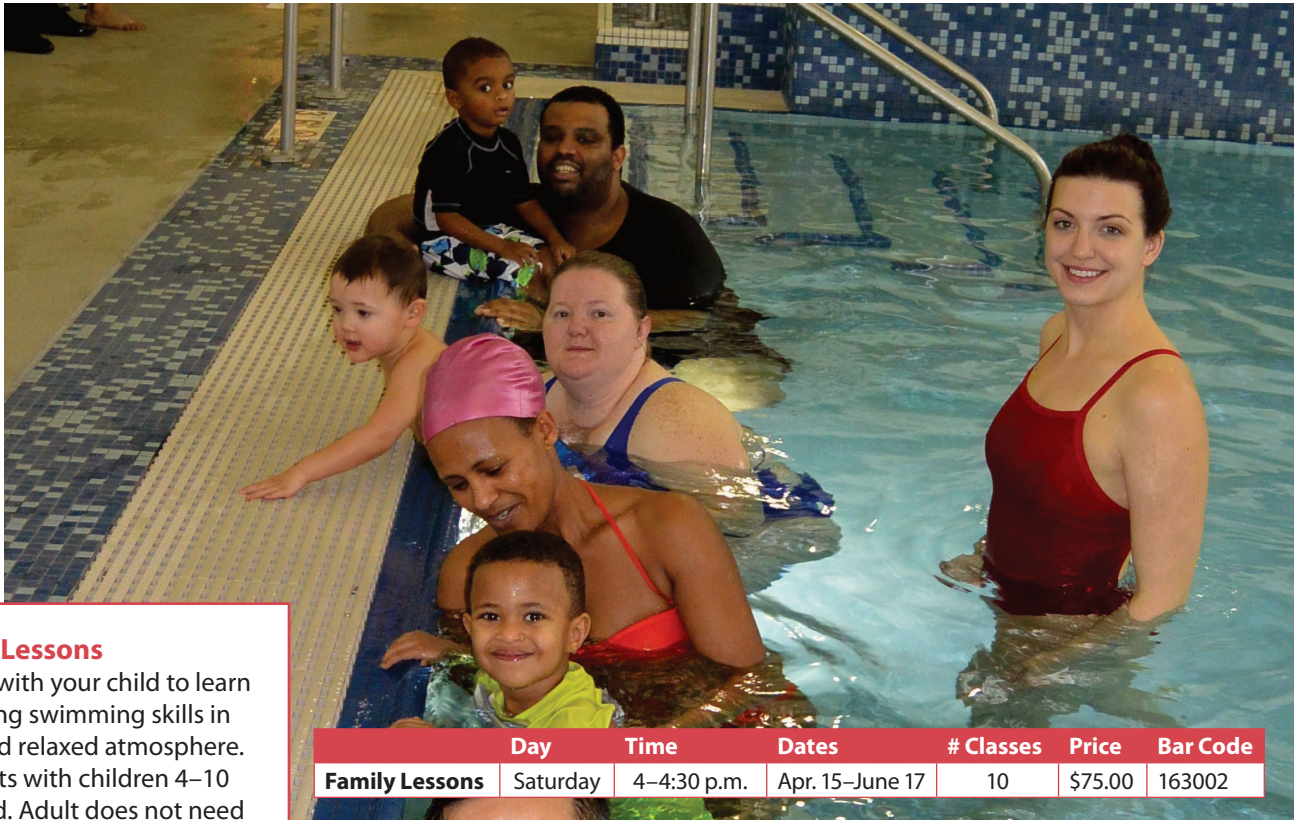


Family Lessons



Family Lessons

Partner with your child to learn beginning swimming skills in a fun and relaxed atmosphere. For adults with children 4–10 years old. Adult does not need to know how to swim but must be in the water with the child/student.

	Day	Time	Dates	# Classes	Price	Bar Code
Family Lessons	Saturday	4–4:30 p.m.	Apr. 15–June 17	10	\$75.00	163002

Swim More—Pay Less!

**Quick Card is a prepaid discount admission card for use within Seattle Parks and Recreation.** To purchase a discount quick card visit any pool. A photo is taken and the time of purchase. Cards are issued to individuals and are not transferable.



- Recreation Programs: 10 admissions**  
Youth/Senior/Special Pop. (save \$4) ..... \$33.50  
Adult (save \$5.00) ..... \$50.00
- Fitness Programs: 10 admissions**  
Youth/Senior/Special Pop. (save \$5) ..... \$35.00  
Adult (save \$5) ..... \$55.00
- 30-Day Pass (Recreation and Fitness)**  
Youth/Senior/Special Pop. .... \$45.00  
Adult ..... \$60.00

Recreation & Fitness times can be found separately in the Spring At-A-Glance.

Pool Policies

- Pools are family recreation facilities. Please dress and act accordingly.
- Children under 6 years of age and those under 48" in height must be directly supervised in the water by an adult and must be within arm's length distance at all times.
- Food and drinks (other than water) are not allowed in the locker rooms or on the pool deck. Please do not bring glass containers into the locker rooms or pool deck.
- Please enter the building through the front entrance and check in with the cashier before entering pool area.
- For your children's safety , please monitor them at all times.
- Children 6 years and older must use appropriate locker rooms for their gender.
- In the interest of public health, children who are not toilet-trained must wear swimming diapers or a cloth diaper with a plastic cover that has tight-fitting legs. No regular disposable diapers or loose-fitting suits are allowed. Children's swim diapers are available for sale.
- It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled the participant will receive a refund. A participant may be issued a refund if he/she drops a class and notifies the the program coordinator prior to the second class session. The pro-rated class fee, plus a service charge of \$5 or 10% of the fee (whichever is greater) will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

Meadowbrook Pool  
If you're not wet, we're not happy!  
10515 35th Ave NE • 206-684-4989



Spring 2017 Swim Lessons, April 10–June 17, 2017



Ready?

Please visit our website at [www.seattle.gov/parks](http://www.seattle.gov/parks) and look for SPARC to see what classes and programs are available for registration.

Set.

Make sure you have an account barcode and PIN! If you don't have one, go to [www.seattle.gov/parks](http://www.seattle.gov/parks), click SPARC and follow the instructions to create or update an account. Please allow at least one week for a new account.

Go!

- Walk-in and online registration begins March 7 at Noon. You can visit us in person or online at [www.seattle.gov/parks](http://www.seattle.gov/parks).
- Personal lesson registration begins Saturday, March 18 at 7:30 a.m. (walk-in registration only).

Register Online!

Please Note

- There will be no Lessons on Monday, May 29 in observance of Memorial Day.
- Placement Testing for Advanced Swimmer is now offered. Please contact us to set up an appointment.
- Registration for Summer Swim League begins Tuesday, April 4 at Noon. Swimmers must be 7 years old by Monday, June 26 to participate.



Swim Lessons

**Parent and Child Aquatics (Ages 6 months–4 years)**  
American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

**Three-Year-Olds**  
*Start your child learning basic swimming skills and water safety in a small group with other 3 year olds.* We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

**Family Lessons**  
Partner with your child to learn beginning swimming skills in a fun and relaxed atmosphere. For adults with children 4–10 years old. Adult does not need to know how to swim but must be in the water with the child/student.

**Kinder Lessons (Ages 4 and 5)**  
*Children start with basic water adjustment, safety and swimming skills in a group with other 4 and 5 year olds.* Children will begin with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Crawlstroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We group children by ability levels on the first day of class. To ensure safety and quality, we maintain a 6:1 student to instructor ratio.

**Beginning Swimmer (Ages 6–16)**  
*Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback.* We will group children by ability on the first day of class to provide the best opportunity for your child’s success.

**Floating, Gliding and Kicking:** Children get comfortable putting their face in the water and practice front, side and back floating, gliding and kicking. These skills provide the foundation for all other swimming strokes.

**Arm Strokes:** Mastering the Crawl Stroke requires learning to roll from front to back while performing arm strokes. Once mastered we begin teaching side breathing. Students also work on strengthening kicking, proper body alignment, treading water and deep water swimming.

**Side Breathing and Whip Kick:** Front Crawl Stroke with bilateral breathing and an introduction to whip kick are skills taught in this level.  
To ensure safety and quality we maintain an 8:1 student/teacher

**Advanced Swimmer (Ages 6–16)**  
*Swimmers who have received a card indicating they have mastered “Beginning Swimmer” may sign up for “Advanced Swimmer” classes. Instructors will introduce and guide swimmers through other strokes while continuing to teach safety, fitness, and skill proficiency.*

**Prerequisite:** Students must pass Beginning Swimmer and receive a Certificate of Achievement in order to register. If you are uncertain if you child belongs in Advanced Swimmer please contact to the pool before registering. If you are new to Meadowbrook Pool placement testing available by appointment only. Call the pool for details.

**Learning New Strokes:** Elementary Backstroke, Backstroke, Breaststroke and Butterfly plus continued practice swimming Crawl Stroke.

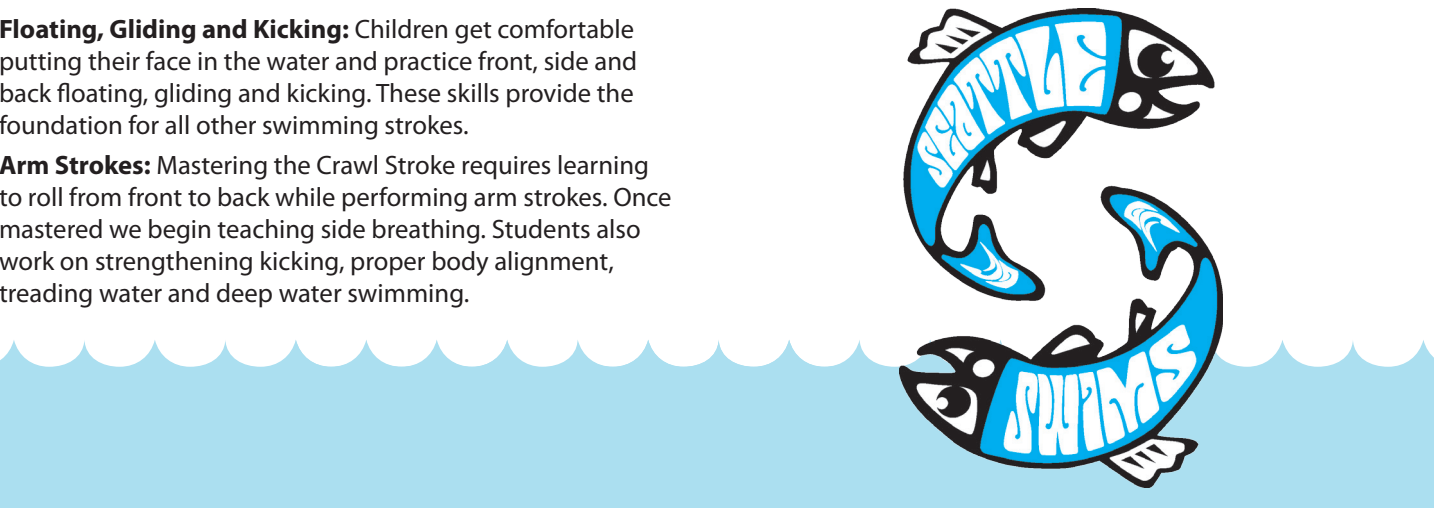
**Increasing Endurance and Proficiency:** Increased distances and refinement of previous strokes along with sidestroke taught.

**Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques.

To ensure safety and quality we maintain a 10:1 student to instructor ratio.

**Special Populations Lessons (Ages 6–17)**  
These are individual or small group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool for registration.

**Adult Lessons (Ages 16 and up)**  
All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving skills.



Swim Lesson Schedule • Spring 2017 • April 10–June 17

Registration begins Tuesday, March 7 at Noon / Personal Lesson registration begins Saturday, March 18 at 7:30 a.m.

SESSION 1	Day	Times	Dates	#classes	Price	Bar Code
<b>Parent &amp; Child Aquatics</b> 6 months–4 years	Tuesday	6:30–7 p.m.	April 11–June 13	10	\$75.00	163089
	Wednesday	11:30 a.m.–Noon	April 12–June 14	10	\$75.00	163091
	Thursday	6:30–7 p.m.	April 13–June 15	10	\$75.00	163095
	Saturday	11:30 a.m.–Noon	April 15–June 17	10	\$75.00	163093
<b>Three year olds</b> Ages 3 only (Parent & Child Aquatics Class Recommended)	Monday	1:30–2 p.m.	April 10–May 8	5	\$65.00	163127
	Monday	5–5:30 p.m.	April 10–May 8	5	\$65.00	163126
	Tuesday	6:30–7 pm	April 11–May 9	5	\$65.00	163128
	Wednesday	1:30–2 p.m.	April 12–May 10	5	\$65.00	163129
	Thursday	6:30–7 p.m.	April 13–May 11	5	\$65.00	163130
	Friday	1:30–2 p.m.	April 14–May 12	5	\$65.00	163131
	Saturday	3:30–4 p.m.	April 15–May 13	5	\$65.00	163132
<b>Kinders</b> (Ages 4 and 5)	Monday*	2–2:30 p.m.	April 10–June 12	9	\$81.00	163004
	Monday*	4:30–5 p.m.	April 10–June 12	9	\$81.00	163005
	Tuesday	6–6:30 p.m.	April 11–June 13	10	\$90.00	163007
	Wednesday	2–2:30 p.m.	April 12–June 14	10	\$90.00	163010
	Wednesday	4–4:30 p.m.	April 12–June 14	10	\$90.00	163012
	Thursday	6–6:30 p.m.	April 13–June 15	10	\$90.00	163013
	Friday	2–2:30 pm	April 14–June 16	10	\$90.00	163015
	Saturday	10:30–11 a.m.	April 15–June 17	10	\$90.00	163087
	Saturday	11:30 a.m.–Noon	April 15–June 17	10	\$90.00	163016
	Monday*	4–4:30 p.m.	April 10–June 12	9	\$67.50	162996
<b>Beginning Swimmer</b> (Ages 6–16)	Tuesday	5:30–6 p.m.	April 11–June 13	10	\$75.00	162997
	Wednesday	4:30–5 p.m.	April 12–June 14	10	\$75.00	164078
	Wednesday	5–5:30 p.m.	April 12–June 14	10	\$75.00	162995
	Thursday	5:30–6 p.m.	April 13–June 15	10	\$75.00	162998
	Saturday	11–11:30 a.m.	April 15–June 17	10	\$75.00	162999
	Monday*	5–5:30 p.m.	April 10–June 12	9	\$67.50	162983
<b>Advanced Swimmer</b> (Ages 6–16)  Must pass Beginning Swimmer or be placement tested.	Tuesday	6:30–7 p.m.	April 11–June 13	10	\$75.00	162985
	Wednesday	4:30–5 p.m.	April 12–June 14	10	\$75.00	162988
	Wednesday	5–5:30 p.m.	April 12–June 14	10	\$75.00	162990
	Thursday	6:30–7 p.m.	April 13–June 15	10	\$75.00	162992
	Saturday	11:30 a.m.–Noon	April 15–June 17	10	\$75.00	162994
	Wednesday	7:30–8 p.m.	April 12–June 14	10	\$75.00	162977
<b>Adults</b> (Ages 16 and up)	Wednesday	7:30–8 p.m.	April 12–June 14	10	\$75.00	162977
<b>Special Pops</b>	Saturday	3–3:30 p.m.	April 15–June 17	10	\$75.00	163123
<b>Family Lesson</b>	Saturday	4–4:30 p.m.	April 15–June 17	10	\$75.00	163002
<b>Women Only</b>	Saturday	6:30–7p.m.	April 15–June 17	10	\$75.00	163165
<b>Summer Swim League 11–18 yrs</b>	Mon–Fri	7:30–8:30a.m.	June 26–August 5	29	\$150.00	164211
<b>Summer Swim League 7–10 yrs</b>	Mon–Fri	8:30–9:30a.m.	June 26–August 5	29	\$150.00	164212
SESSION 2	Day	Times	Dates	#classes	Price	Bar Code
<b>Three year olds</b> Ages 3 only (Parent & Child Aquatics Class Recommended)	Monday*	1:30–2 p.m.	May 15–June 12	4	\$52.00	163136
	Monday*	5–5:30 p.m.	May 15–June 12	4	\$52.00	163134
	Tuesday	6:30–7 p.m.	May 16–June 13	5	\$65.00	163138
	Wednesday	1:30–2 p.m.	May 17–June 14	5	\$65.00	163140
	Thursday	6:30–7 p.m.	May 18–June 15	5	\$65.00	163142
	Friday	1:30–2 p.m.	May 19–June 16	5	\$65.00	163145
	Saturday	3:30–4 p.m.	May 20–June 17	5	\$65.00	163146
PERSONAL LESSONS						
Monday/Wednesday/Friday	3:30–4 p.m.	Personal Lessons are scheduled to begin Monday, April 10, 2017 \$38/Lesson add \$13 per additional child (3 Lesson Minimum)				
Monday/Friday	5–5:30 p.m.					
Tuesday	7–8 p.m.					
Saturday	3:30–4:30 p.m.					

\*No Lessons on the Monday, May 29, Memorial Day.